

Seasonal Yoga



Late Summer

Late Summer is when we start to retreat and prepare ourselves for Autumn. The focus is on grounding.

MERIDIANS

The meridians associated with Late Summer are the **Stomach** (ST) which is associated with feeding oneself, not only with food but in all aspects of your life, and **Spleen** (SP) which is associated with the mind and intellect. Both run up and down the front of the body.

POINTS

One of the main ST points is **ST36** which is situated four fingers width below the outer corner of the kneecap. This is good for when you need more energy and is a general well being point.

A useful SP point is **SP6** which is located in four fingers width above the inner ankle bone. This is good for when you have lots on your mind and can't switch off or are worrying too much and can't sleep.



THE BODY

Late Summer is about strength and coming back to centre and grounding. Walks in nature, bonding with family and home life activities are great at this time of year.

YOGA ASANAS

Any asanas that open up the front of the body from the chest right through to the feet, for example Bow, and any that bring you back to your centre and help ground yourself.



MEDITATION

Meditate on things such as nature, family and things that connect you with the earth. Walking meditations are great.

FOOD

Orange/yellow root vegetables, such as sweet potatoes, cooked long and slow are favoured this time of year like roast veg/chicken etc.